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Unit 5 Physical Preparation Health

Unit 5: Physical Preparation, Health and Lifestyle for the Public Services Unit code: M/600/6017 QCF Level 3: BTEC National Credit value: 10 Guided learning hours 60 Aim and purpose The aim of this unit is to enable learners to be able to provide advice on lifestyle improvement and plan a

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Unit 5 Physical Preparation Health And Lifestyle For The
unit 5 - physical preparation for the public services The aim of this unit is to enable learners to be able to provide advice on lifestyle improvement and plan a health-related fitness programme based on an understanding of the fitness requirements and major body systems in preparation for entry into the public services.

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Unit 5 Physical Preparation, Health and Lifestyle ... Courses; Vocational Area - Curriculum ; UPS Uniformed Public Services; UPS Uniformed Public Services Level 3 Year 1; Unit 5 Physical Prep; Summary; Unit 5 Physical Preparation, Health and Lifestyle for the Public Services. Teacher: Gail Bevan; Teacher: Alan Brickwood;

Summary of Unit 5 Physical Preparation, Health and ...
P1 M1 D1 Muscular strength can be tested through any form of resistance to movement, including gravity. The trunk lift can be done in order to train back muscles mainly, it's comprise of lying straight and lifting yourself from the ground with the use of only your back muscles

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Learning Outcomes Conclusion By the end of this unit, you should: Know the fitness requirements for entry into the public services. Know the major human body systems Know the importance of lifestyle factors in the maintenance of health and well being. Be able to provide advice on

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Unit 5: Physical preperation, health and lifestyle for the public services. This unit was quite substancial and needed a fair ammount of work and knowledge that independant research required. Physical test exercises were needed to be completed to gather results to compare against fitness requirements for the

public services.

Nick Harrison: Physical Preparation and Fitness for the ...
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Unit 5 Physical Preparation - Mr Shiells
Assignment Brief Introduction: This unit will enable you to provide advice on lifestyle improvement and plan a health-related fitness programme based on an understanding of the fitness requirements...